

# PeaceHealth Health *connection*

## Kick resolutions to the curb

WELCOME to the new year! Traditionally, right after the holidays, many of us declare our intentions for the next 12 months. With these resolutions, we set lofty goals and start off full steam ahead to change our lives. However, within weeks, most of us have reverted to our pre-holiday habits and feel like change is just out of reach—again.

If you want to make lasting changes to your health this year, PeaceHealth would like to suggest a new approach: a health makeover. Makeovers are a fun way to improve yourself. While sprucing up your wardrobe or getting a new look at the salon can help you feel good, applying this makeover approach to your health can result in vitality that you enjoy for years.

**Mind makeover.** If you start the new year thinking you have a long way to go with your nutrition, exercise, and making healthy choices, you are subtly reinforcing the idea that you can't be a healthy person. Negative thoughts can make it harder to achieve your goals.

To combat this inner messaging, start thinking healthy. This involves calming your mind and body and reframing how you talk to yourself. Instead of thinking, "I can never have dessert," try reframing your thoughts to be more nurturing—for example: "I can have dessert occasionally if it is part of my eating plan."

**Healthy you.** Once you have started thinking in a healthier way, you may be amazed at how quickly you can start using those positive thoughts to support your top health goals. Whether your priority is improving nutrition, managing a chronic condition, or kick-starting an exercise plan, your healthy thoughts can help you achieve your goals.



To support you in your ongoing health makeover, PeaceHealth has created a new program called Healthy You. Learn more and sign up for tips in your inbox at [www.peacehealth.org/healthy-you](http://www.peacehealth.org/healthy-you).

"Whether you think you *can* or you think you can't, you're right."

—Henry Ford



PeaceHealth  
The *spirit* of healing®

Sacred Heart Medical Center at RiverBend  
Sacred Heart Medical Center, University District  
Cottage Grove Community Medical Center  
Peace Harbor Medical Center  
PeaceHealth Medical Group

**Pictured at right:** Members of the Spine Center team, from left: John Lovendahl-Toepke, PT; Daniel Hutton, DO; Neil Roundy, MD; Annette Weller, MD; Lonnie Ward, PT; Brenna Jensen, PA-C



## Holistic Health

**Where:** Oregon Heart & Vascular Institute at PeaceHealth Sacred Heart Medical Center, Cardiovascular Wellness & Rehabilitation area, 3311 RiverBend Drive, Springfield

**Info:** Certified instructors offer a variety of holistic health classes, including yoga, chair yoga, tai chi, qigong, and Pilates. Free orientations are held the second Friday of each month from 3 to 4 p.m. Call **541-222-7216** for information.



**Brenna Jensen, PA-C**  
Spine Center  
at RiverBend Pavilion  
3377 RiverBend Drive  
Springfield, OR  
**541-222-6070**



## Spine Center opens on RiverBend campus

By Brenna Jensen, PA-C

IF YOU'VE NEVER had trouble with your neck or back, count yourself lucky. Experts estimate that 80 percent of Americans will experience back trouble at some point in their lives.

At PeaceHealth Sacred Heart Medical Center, we're taking a new and innovative approach to treating neck and back pain with the recent opening of the PeaceHealth Sacred Heart Spine Center.

Based in the RiverBend Pavilion, the Spine Center features a multispecialty team that includes neurosurgeons, physiatrists (doctors who specialize in rehabilitation and nonsurgical spine care), physical therapists, and other wellness practitioners.

"We've drawn upon evidence-based best practices to design a treatment center that provides an individualized approach for treating neck and back pain," says Daniel Hutton, DO, the Spine Center's surgical director. "Our goal is to offer care that's specially tailored to fit each patient's specific needs—from noninvasive therapies to surgical services—in one location."

Services offered include injections, mental health and wellness services, minimally invasive surgery, physical therapy, help with smoking cessation, and weight loss services. All these services had been available previously, but never under one roof.



To schedule an assessment at the PeaceHealth Sacred Heart Spine Center, call **541-222-6070**. The Spine Center is located on the second floor of the RiverBend Pavilion at 3377 RiverBend Drive, Springfield, OR.

## Peace Harbor campus has heart

OREGON CARDIOLOGY has moved to the PeaceHealth Peace Harbor Medical Center campus in Florence. Oregon Cardiology Coastal Clinic's cardiologists, David Saenger, MD, and John Gundry, MD, will continue to ensure that local patients receive complete heart and vascular care close to home, including general heart wellness exams, cardiac device monitoring, and diagnostic testing.

The clinic serves as a gateway to the region's largest cardiovascular center, Oregon Heart & Vascular Institute in Springfield. A renowned team of heart surgeons and specialists is available, including:

- Stephen Cook, MD, a cardiologist specializing in chronic total occlusion closures and other minimally invasive heart procedures
- Dennis Gory, MD, a cardiologist specializing in transcatheter aortic valve replacement and other minimally invasive heart procedures
- Mark Guo, MD, an electrophysiologist specializing in the diagnosis and advanced treatment of abnormal heart rhythms

"We're thrilled to have Oregon Cardiology join us on our PeaceHealth Peace Harbor Medical Center campus," says Chief Administrative Officer Rick Yecny. "This is another significant step in coordinating health care for all of us along the Central Oregon Coast, especially for vital services such as heart. My hope is that our patients enjoy the comfort and convenience of being cared for nearby."



To schedule your appointment, call Oregon Cardiology Coastal Clinic at **541-484-4332**. Please note the clinic's new address:  
Oregon Cardiology Coastal Clinic  
310 Ninth St., Florence, OR.



## A heart for helping kids

FOR MISTY CARLSON, MD, joining PeaceHealth Medical Group Pediatrics at RiverBend Pavilion as southwest Oregon's only pediatric cardiologist is a homecoming of sorts.

Dr. Carlson was born at Sacred Heart Medical Center, University District, and she was treated there as an 8-year-old after falling from a horse. She spent a couple nights in the hospital but avoided serious injury. That experience first sparked her interest in becoming a doctor herself.

"I thought so many great things about the doctors and nurses and all the medical people who took care of me," she says. "I knew at that moment that I wanted to be in medicine."

She earned her medical degree at the University of Pittsburgh School of Medicine and completed her residency and fellowship at Oregon Health & Science University in Portland, where she was an assistant professor of pediatrics.

Dr. Carlson says she looks forward to increasing access to pediatric cardiac care for the children and families of southern and central Oregon. She wants families to be able to get answers about their child's heart condition quickly and close to home.

"Hearing your child may have a heart condition is frightening for any parent," she says. "I want all of my patients and their families to feel that they have received high-quality and comprehensive care in their community and that it was provided in a caring, family-centered way."

With Dr. Carlson on board, RiverBend has expanded the spectrum of care offered to patients, with the ability

to treat the majority of pediatric cases. Dr. Carlson will work closely with other specialists, including our pediatric surgeons and hospitalists as well as specialists at Oregon Heart & Vascular Institute. Her clinical interests include the full range of pediatric cardiology conditions.

One of the pleasures of her work is watching children manage their heart conditions and lead active, healthy lives.

"You see them as an inpatient before or after they have heart surgery, and they're pretty sick at that point," she says. "But it's nice to see them after they've recovered from their heart surgery or procedure and watch them grow up and thrive and be very normal children and adolescents."

Dr. Carlson played competitive softball in college and remains active in the sport. Originally from Elmira, she says she looks forward to being close to friends and family and to going to more Ducks games.



**Misty Carlson, MD**  
Pediatric Cardiology  
PeaceHealth Medical Group  
RiverBend Pavilion  
3377 RiverBend Drive  
Springfield, OR  
541-222-6160



Make sure your child's heart is in good hands:  
Call Dr. Carlson at **541-222-6160**.



## Get a flu shot

**IT COULD SAVE YOUR  
LIFE OR THE LIFE OF  
SOMEONE YOU KNOW**

If you've already received an influenza immunization shot this winter, you have done your part to keep yourself and those around you protected. If you have not received one yet, it's not too late to call your doctor or stop by an area pharmacy to receive a flu shot.

This year's flu shot protects against the flu viruses that research indicates will be most common during the season. The viruses in the flu shot are killed (inactivated), so don't worry: You can't catch the flu from the vaccine.

The Centers for Disease Control and Prevention (CDC) encourages everyone age 6 months and older to get a flu vaccination every year, particularly those who are at high risk of having serious flu-related complications. This includes young children, older adults, pregnant women, and people with chronic medical conditions or disorders.

According to CDC, flu activity most commonly peaks in the United States in January or February; however, seasonal flu activity can continue as late as May, so getting vaccinated is one way to ensure that your family is protected for the duration of this flu season.

## Healthy *changes*

### *Shop smart* for your heart—and your waistline

Eating right is a big part of the weight loss battle. It's also a wonderful way to help keep your heart healthy.

But what foods should you choose? Here are some ideas:

■ **Find fiber-rich foods.** Think oatmeal and whole-grain cereals, breads, and pasta. Whole grains should be the label's first ingredient.

■ **Load up on fruits and vegetables.** Look for a variety of kinds and colors. Fresh is great, but frozen and canned are fine too—if they have no added salt or sugar.

■ **Go for low-fat or fat-free options in the dairy case.** Bypass butter for margarine with 0 grams of trans fat.

■ **Opt for lean protein.** That includes salmon and other fish with healthy fats. Buy enough fish for at least two meals a week. Choose skinless poultry—especially white meat. If you eat red meat, cuts marked *loin* or *round* are the leanest options. And don't forget about soy products—they're heart heroes too.



If you struggle to maintain a healthy weight, weight loss surgery may be an option. Learn more at [www.peacehealth.org/shmc/bariatrics](http://www.peacehealth.org/shmc/bariatrics).



## Tip the scales in your *heart's* favor

TAKE A QUICK LOOK around you, and chances are you'll immediately see a huge health problem: About 70 percent of American adults are either overweight or obese.

Those extra pounds can add up to big trouble. Too much weight raises the risk for heart disease—the number one killer in the U.S.

Heart disease includes conditions such as angina, heart failure, heart attack, and abnormal heart rhythm. Other weight-related problems—like high blood pressure, unhealthy cholesterol levels, and high blood sugar—also raise heart disease risk.

### ASSESSING YOUR WEIGHT

To see if you weigh more than what's healthy, check your body mass index. It estimates body fat using your height and weight. For an online calculator, go to [www.peacehealth.org/healthy-you](http://www.peacehealth.org/healthy-you).

Waist size is also important. The greater the girth, the higher the risk of heart disease. To be healthy, a woman's waist measurement should be less than 35 inches. A man's should be under 40 inches.

### A LIGHTER LIFESTYLE

Being overweight is dangerous, but shedding even a few pounds can make a big difference, says David Saenger, MD.

"By losing just 5 to 10 percent of your body weight, you'll begin to dramatically lower your risk of heart disease," Dr. Saenger says. In addition, you lower the risk of developing diabetes, arthritis, and certain kinds of cancers.

To lose weight safely—and keep it off—you need

the right amount of wholesome food and plenty of physical activity. For example:

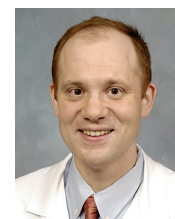
■ **Gradually work up to at least 150 minutes of moderate-intensity exercise each week.** That's about 30 minutes a day, five days a week, of brisk walking, bike riding, or other activities you enjoy.

■ **Eat a variety of nutritious foods.** That includes fruits, vegetables, whole grains, low-fat dairy products, and lean meats.

■ **Cut back.** Reduce your intake of food and drinks that lead to weight gain, such as products with lots of sugar, carbonation, or saturated fat.

■ **Watch the calories.** Cut 500 to 1,000 calories a day, and you'll lose a pound or two a week.

Work with your doctor to create a weight loss plan that's best for you. Sticking with small, healthy changes over the long-term is likely to be more effective than trying quick-fix workouts or crash diets.



**David Saenger, MD**

Oregon Cardiology,  
PeaceHealth Sacred Heart  
Medical Center at Riverbend  
3311 RiverBend Drive  
Springfield, OR  
541-484-4332



Need a partner in health? Visit  
[www.peacehealth.org/rightcare](http://www.peacehealth.org/rightcare).

**Q** I'm having headaches and blurred vision. An MRI scan detected a brain tumor. A specialist advised me to either have a biopsy or wait a few months to monitor the tumor's growth. The tumor is 1 centimeter and near an optic nerve. What should I do?

**A** Consider a consultation for Gamma Knife treatment. It effectively treats meningiomas and reduces some risks of invasive surgery, such as hemorrhage and infection.

Gamma Knife uses beams of radiation to treat brain lesions, sparing healthy tissues around the tumor. The small size of your tumor is a good fit for Gamma Knife treatment. Yet the proximity of the tumor to your optic nerve requires further examination prior to determining the best treatment approach. In many cases, our experienced Gamma Knife team can shape the beams in such a way to avoid complications with the optic nerve. PeaceHealth Sacred Heart Gamma Knife Center uses the latest and most advanced Gamma Knife technology to treat its patients with great precision. To learn more about our center and this procedure, watch our brief video at

 [www.peacehealth.org/riverbend/gammaknife](http://www.peacehealth.org/riverbend/gammaknife).



**Andrew Kokkino, MD**

Neurosurgery  
PeaceHealth Sacred  
Heart Gamma Knife  
Center  
3333 RiverBend Drive  
Springfield, OR  
541-686-8353



**Q** I've been feeling tired and light-headed since my retirement. My doctor has referred me to a cardiologist. Why?

**A** A common cause of fatigue, dizziness, light-headedness, and near-fainting spells is a heart rhythm that is too slow. This condition is known as bradycardia. Having a heartbeat that is slower than normal can be a result of problems with the heart's electrical system—the heart's natural pacemaker—or its electrical pathways.

A pacemaker may be recommended to help regulate your heartbeat. A pacemaker is a small, battery-operated device that is implanted under your skin through a small incision and attached to your heart with tiny wires.

A cardiologist might recommend a pacemaker for heart failure or atrial fibrillation, another type of irregular heartbeat.

If you are considering a pacemaker as treatment for a heart condition, visit  [www.peacehealth.org/heart](http://www.peacehealth.org/heart) and click on "Should I Get a Pacemaker?" for additional information.



**Mark Guo, MD**

Electrophysiology  
Oregon Cardiology,  
PeaceHealth Sacred Heart  
Medical Center at RiverBend  
3311 RiverBend Drive  
Springfield, OR  
541-484-4332



**Q** I'd like to exercise, but I have joint pain. How can I get moving again?

**A** For people with chronic back or joint pain, exercise can be one of the best ways to mitigate the pain. Exercise actually improves your pain threshold, making it easier to tolerate the discomfort associated with chronic pain.

Cardiovascular exercise, workouts that increase your heart rate, is associated with reduction in low-back and knee pain. The key, however, is finding a workout that doesn't increase your pain. Try lower-impact aerobic exercises, like walking on a treadmill or swimming laps, that won't hurt your joints. Running and basketball are both aerobic but can be too jarring on knees, hips, and ankles.

Exercises like yoga and Pilates can help strengthen core muscles that support your spine while also helping improve flexibility. These types of exercise are great for reducing pain and increasing range of motion, especially for people who are dealing with an injury or chronic pain.

Whenever you start a new exercise routine, it is important to check with your doctor first and then work with a professional—a physical therapist or an athletic trainer—to develop a program tailored to your abilities and goals.



**John West, MD**

Orthopedic Surgery  
PeaceHealth Medical Group  
Riverbend Pavilion  
3377 RiverBend Drive  
Springfield, OR  
541-222-6245



## *It's quitting time*

Are you a smoker and thinking it might be time to quit? You bet it is!



Oregon Heart & Vascular Institute (OHVI) at PeaceHealth Sacred Heart Medical Center at RiverBend offers a great program for people interested in kicking the habit.

OHVI's Options Tobacco Cessation Program provides smokers with an upfront, one-on-one evaluation by a specialist who will work with you to come up with a quit plan. Four facilitated group behavioral therapy sessions help you stick with it. The program costs \$60.

Think about it—a smoke-free you. What could be a better gift to yourself in the new year?



Sign up by calling  
**541-222-7442.**

## World's largest inflatable brain

**When:** Friday, Jan. 23, 3 to 6 p.m., and Saturday, Jan. 24, 10 a.m. to 5 p.m.

**Where:** Valley River Center in Eugene

**Info:** Attendees of all ages are welcome to walk through a huge inflatable brain to learn about how the brain functions and is affected by a variety of health conditions, such as cancer, stroke, and head injuries. Sponsored by PeaceHealth Sacred Heart Gamma Knife Center.

# events calendar

## HealthyYou

Events in your inbox! Sign up for our monthly e-newsletter at [www.peacehealth.org/healthy-you](http://www.peacehealth.org/healthy-you).

### IN EUGENE/SPRINGFIELD

#### COMMUNITY SUPPORT

##### Children's Miracle Network Dance Marathon

**When:** Saturday, Jan. 24, at University of Oregon or April 18 at Oregon State University  
**Info:** Get your dance on, and support children and infants at Sacred Heart Medical Center. For more information, contact Abby Rogers, Sacred Heart Medical Center Foundation, at **541-686-7286**.

##### Diabetes Support Group

**When:** Second Monday of each month, 7 to 9 p.m.

**Where:** PeaceHealth Sacred Heart Medical Center at RiverBend, 3311 RiverBend Drive, Springfield, Room 12C

**Info:** Open to anyone affected by diabetes. The meeting always includes a presentation, with time for questions. No registration is required. This is a drop-in meeting. To learn more, call Terry Cornell at **541-222-3705**.

**Fee:** Free

##### 211Info

**Info:** An easy way for parents to get connected to family resources, such as parenting classes, child care assistance, education information, support groups, and more. It's free, live, and confidential and offered in many languages. To access the line, do one of the following:

- Dial **211, ext. 5**
- Send an email to [children@211info.org](mailto:children@211info.org)
- Text the word **children** to **898211**, then wait for a reply text before sending your question

##### Ostomy Support Group

**When:** Tuesday, Feb. 3, 1 to 3 p.m.

**Where:** PeaceHealth Sacred Heart Medical Center at RiverBend, 3311 RiverBend Drive, Springfield, Room 200G

**Info:** Call **541-222-2560**.

**Fee:** Free

##### Tobacco Cessation Support: Getting Ready to Quit

**When:** Thursdays at 5:30 p.m.

**Where:** Oregon Heart & Vascular Institute at PeaceHealth Sacred Heart Medical Center, Cardiovascular Wellness & Rehabilitation area, 3311 RiverBend Drive, Springfield

**Info:** Call **541-222-7216** for more information.

**Fee:** Free

##### Weight Management Support Group

**When:** First and third Thursdays of each month, 5 to 6 p.m.

**Where:** Oregon Heart & Vascular Institute at PeaceHealth Sacred Heart Medical Center, Cardiovascular Wellness & Rehabilitation area, 3311 RiverBend Drive, Springfield

**Info:** Call **541-222-7216** for more information.

**Fee:** Free

##### Holistic Health

**Where:** Oregon Heart & Vascular Institute at PeaceHealth Sacred Heart Medical Center, Cardiovascular Wellness & Rehabilitation area, 3311 RiverBend Drive, Springfield

**Info:** Certified instructors offer a variety of holistic health classes, including yoga, chair yoga, tai chi, qigong, and Pilates. Free orientations are held the second Friday of each month from 3 to 4 p.m. Registration and payment are required prior to participation. (Participation is free for Supervised Exercise program members.) Call **541-222-7216** to register.

**Fee:** \$60 for 10 classes

##### Preparing for Childbirth

**Info:** This 6-hour Saturday class is designed to help you and your partner prepare for the birth of your child. An online class is also available. Please call **541-222-7074** for more information.

##### Tour of Labor & Delivery and Mother/Baby Rooms

**Info:** A free guided tour of the Labor & Delivery and Mother/Baby rooms at RiverBend. We discuss all you need to know about delivering your baby at PeaceHealth Sacred Heart and information about community resources available to you. Some tours also include an Intro to Infant Feeding class taught by a lactation consultant. Sign up online at [www.peacehealth.org/classes](http://www.peacehealth.org/classes), or call **541-222-7074**.

##### Weight Loss Surgery Informational Seminars

**Info:** A new digital program has been designed to help answer the questions of those considering a bariatric weight loss program. To learn more, call **541-222-2700** or visit [www.peacehealth.org/shmc/bariatrics](http://www.peacehealth.org/shmc/bariatrics).

### IN FLORENCE

#### COMMUNITY SUPPORT

##### Diabetes Support Group

**When:** Third Tuesday of every month, 2 p.m.

**Where:** Siuslaw Public Library, 1460 Ninth St., Florence

**Fee:** Free



#### HOW TO REACH US

PeaceHealth Sacred Heart Medical Center at RiverBend  
**541-222-7300**

PeaceHealth Sacred Heart Medical Center, University District  
**541-686-7300**

PeaceHealth Cottage Grove Community Medical Center  
**541-767-5500**

PeaceHealth Peace Harbor Medical Center  
**541-997-8412**

PeaceHealth Medical Group  
To find the provider that's right for you, please call **541-743-4600** | [www.peacehealth.org](http://www.peacehealth.org)

PeaceHealth is a nonprofit, integrated health care organization with facilities in Alaska, Washington, and Oregon.

Health Connection is published by PeaceHealth to provide health care and wellness information to residents of Lane County.

Information in Health Connection comes from a wide range of medical experts. If you have any concerns or questions about specific medical issues that may affect your health, please contact your health care provider. Models may be used in photos and illustrations.

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To unsubscribe from this free community health care publication, call **541-686-6868** and provide your name and mailing address.

Please notify us if you do not wish to receive fundraising materials from PeaceHealth foundations. Contact us: **541-686-6958 (option 1)**.

Health Connection is published at a facility with an emission system that uses up to 50 percent less natural gas than conventional methods, and the printer recycles all paper waste and uses inks that limit environmental impact.

## Better Breathers Club

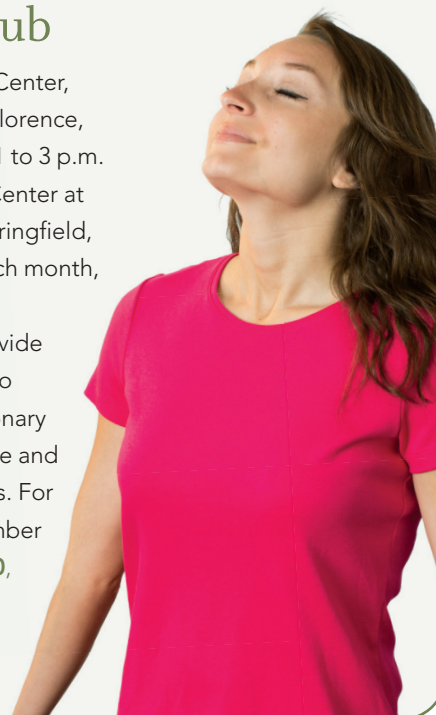
■ PeaceHealth Peace Harbor Medical Center, Conference Room C, 400 Ninth St., Florence, Second Wednesday of each month, 1 to 3 p.m.

■ PeaceHealth Sacred Heart Medical Center at RiverBend, 3311 RiverBend Drive, Springfield, Room 12C, Fourth Wednesday of each month, 2 to 3:30 p.m.

**Info:** This group meets monthly to provide support, education, and socialization to people with chronic obstructive pulmonary disease or another chronic lung disease and to their family members and caregivers. For more information or to become a member

of the group, call **541-902-6300, ext. 5635**, (Florence) or **541-222-7442** (Springfield).

**Fee:** Free



# Estate planning do's and don'ts

WHETHER YOU'RE PREPARING to create your first estate plan or it's time to review and update your existing plan, keep these tips in mind to prevent any costly missteps along the way.

## Do

|                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|--------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Find a qualified estate-planning attorney. | Few people can help you minimize taxes, protect your assets, and find the best ways to provide for your favorite people and organizations like a qualified estate-planning attorney. It may be tempting to turn to inexpensive do-it-yourself forms, but these can't provide the expert legal advice you need to properly plan your estate. If you don't already have one, we would be happy to help you find a qualified attorney. |
| Check in on your plans from time to time.  | If you have an estate plan in place, do you make regular updates to it? Many people have good intentions of keeping their plans up-to-date, but they often fail to follow through, which can lead to unnecessary expenses and heartache down the road. Your life and our nation's laws change often, so it's imperative to give your plans a regular checkup to ensure their accuracy.                                              |
| Keep your loved ones informed.             | Once you're happy with your decisions regarding your estate, explain the responsibilities, items, and amounts you've chosen to give each family member and why, and express any desire to give to charity. This isn't always the easiest conversation to have, but by helping your loved ones understand your decisions, you'll help them avoid any arguments or confusion later.                                                   |

## Don't

|                                           |                                                                                                                                                                                                                                                                                                                                                                                          |
|-------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Don't handwrite your own will changes.    | A will is a serious legal document. If you want to make legal and lasting changes, you can't simply cross out names and handwrite in new names and dates with your initials. A court will likely ignore these types of changes. To make updates, arrange an appointment with your estate-planning attorney who can draw up a codicil, which is a formal amendment to your existing will. |
| Don't think a will is all you need.       | You might think that once you've made a will, your estate plans are settled—but it's not always that simple. A complete plan includes a review of assets that don't pass to loved ones through your will, such as your retirement plans and IRAs. Plus, you may need a durable power of attorney, a power of attorney for health care, a living will, and a trust.                       |
| Don't assume you're too young for a will. | Wills aren't just for people who are dying. They're for people like you who want to make sure that the items they leave behind are distributed to loved ones and favorite causes as they envision. Emergencies happen, and no one knows what the future holds. Just as you wear your seat belt "just in case," you should have your will and other important documents in order.         |



## YOU CAN MAKE A DIFFERENCE

Your gift—of any size—helps support patients in your community. Be a part of the healing, and make a donation today. See the enclosed envelope for details.

## Order your *free* estate-planning kit today

Visit one of our websites and choose "Leave a Legacy":



- [www.peacehealth.org/foundation/sacred-heart](http://www.peacehealth.org/foundation/sacred-heart)
- [www.peacehealth.org/foundation/cottage-grove](http://www.peacehealth.org/foundation/cottage-grove)
- [www.peacehealth.org/foundation/peace-harbor](http://www.peacehealth.org/foundation/peace-harbor)

## Hoping to *help* others?

If you would like to include a charitable gift to PeaceHealth in your estate plans, please contact Sharon Thornton, JD, LL.M., Chief Development Officer, at **541-349-7849**. We would be happy to help you and your professional advisor in any way we can.



**Sharon Thornton, JD, LL.M**  
Chief Development Officer  
PeaceHealth Oregon West Network



[sthornton@peacehealth.org](mailto:sthornton@peacehealth.org)  
**541-349-7849**

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Foot care clinic now open!



## Cottage Grove Community Medical Center

Helping patients with arthritis, mobility limitations, diabetes, and limited vision.

Our certified registered nurse will provide you with an assessment of the health of your feet as well as:

- Nail trimming
- Debridement or buffing of corns and calluses
- Education regarding diabetic foot care
- Education for preventive care
- Home treatment for athlete's foot and tinea pedis

Treat your feet! Call **541-767-5258**.



PeaceHealth

770 E. 11th Ave., Eugene, OR 97401

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# Holiday blues and behavioral health services expansion

By David Neale, LPC

THE HOLIDAYS can be a time of joy and celebration for many families, with traveling to see relatives, time off from school and work, dinner parties, celebrations, and gift giving. There are also many for whom the season can be more difficult, including those with depression, a history of trauma, a painful anniversary, the loss of a family member, or perhaps even a divorce.

It is important to attend to the impact the season may have on a family or individual and, in particular, to children or youth, who have less ability to express their emotions clearly and may need support.

As a parent, it's important to monitor your child or adolescent for symptoms that may represent deeper emotional issues, such as depressed mood or tearfulness, irritability, loss of interest in activities, sleep or appetite disturbances, loss of energy, and difficulty with concentration.

There are currently many services available for children and adolescents in this community. These include traditional outpatient therapy and psychiatric care, which is available from numerous non-profit

organizations, including PeaceHealth.

PeaceHealth's Behavioral Health Services has expanded its spectrum of care in recent months to include new programs for adolescents, young adults, and parents. The Young Adult Hub program recently opened to help those who are marginalized or have had difficulty accessing traditional care. The Early Assessment and Support Alliance program is designed to provide early intervention for young adults who have had a first psychotic episode or exhibit precursors to psychosis. These programs provide a safe space for peer support, counseling, vocational training, medication management, and on-site nursing care in the same office.

A behavioral health counselor has also been added into the primary care setting at PeaceHealth for consultation, as many people will make an appointment with their primary care doctor to deal with physical conditions or general wellness yet are less likely to see a professional counselor. The integration of medical care and behavioral health represents a great benefit to the community.

David Neale, LPC, is a crisis mental health evaluator at PeaceHealth Medical Group, University District.



If your child needs help this holiday season, call the Early Assessment and Support Alliance and Young Adult Hub at **458-205-7070**.

# HealthyYou

We all strive to live a healthy life, but sometimes we need a health partner to help along the way. That's why PeaceHealth has created **Healthy You** – a program just for you that offers helpful resources, information and tools to support you on your wellness journey.



Sign up for your  
**Healthy You**  
eNewsletter today!



PeaceHealth

[www.peacehealth.org/healthy-you](http://www.peacehealth.org/healthy-you)

